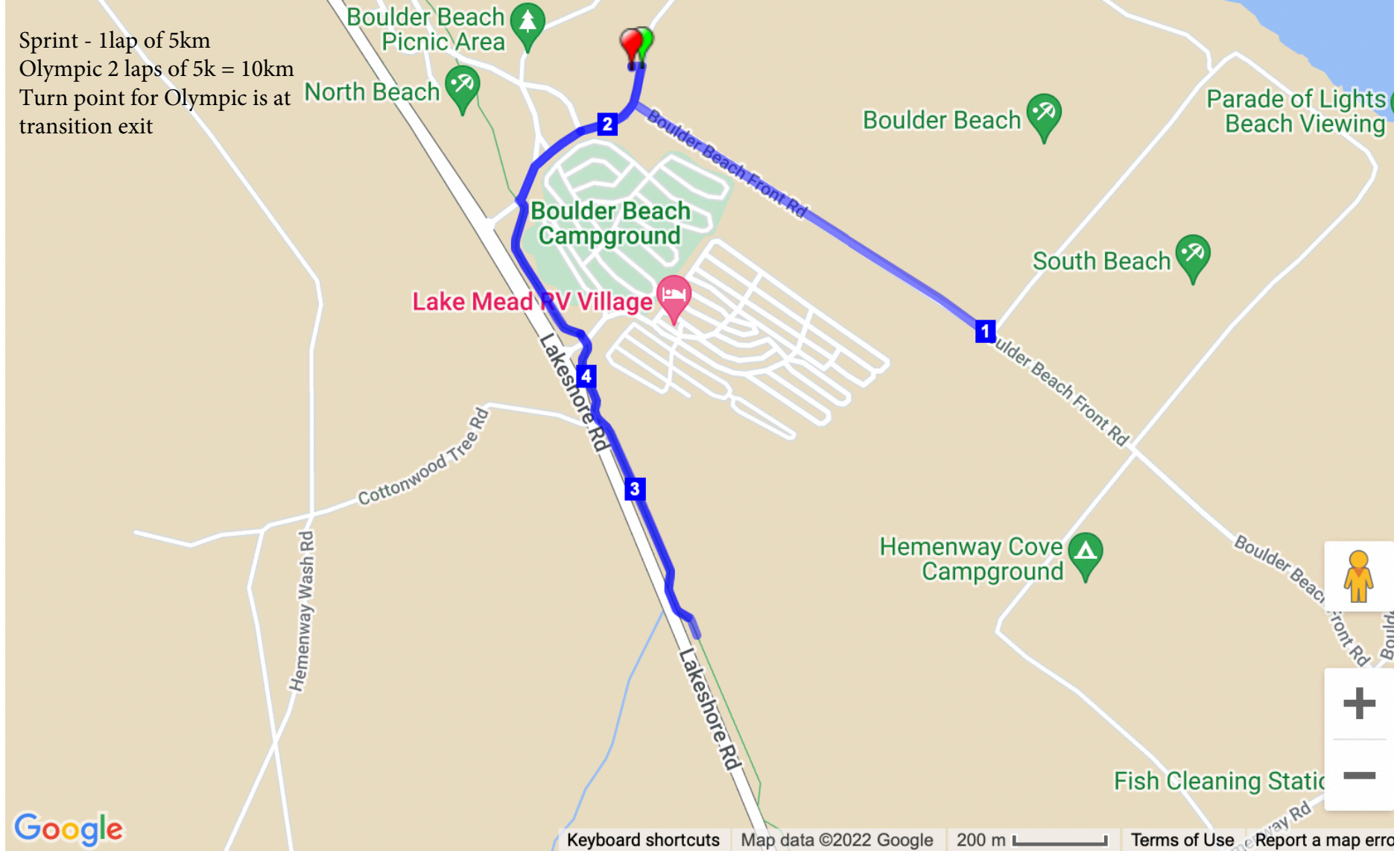


Sprint - 1lap of 5km  
Olympic 2 laps of 5k = 10km  
Turn point for Olympic is at  
transition exit



Elevation Profile

